

# BEAUFORT



South Carolina

## TRACK CLUB

est. 1976

400 Repeats

### Beginner:

Warm-up: Walk for 5 min

Workout: Straights and curves: Run the straights and walk the curves x 2 laps

Cool Down: Walk for 5 min

### Intermediate:

Warm-up: 400

Workout: (5k Pace) 400, 90-120 second rest x 6

Bonus: 400, 90-120 second rest x 2

Cool Down: 800 walk curves, jog straights

### Advanced:

Warm-up: 800

Workout: (sub 5K Pace) 400, 60 second rest, x 12

Cool Down: 800

### Advanced PLUS:

Warm-up: 800

Workout: (sub 5K Pace) 400, 60 second rest, x 16

Cool Down: 800

5k	1 mile	800	400
30:00.00	10:00.00	5:00.00	2:30.00
27:00.00	9:00.00	4:30.00	2:15.00
24:00.00	8:00.00	4:00.00	2:00.00
21:00.00	7:00.00	3:30.00	1:45.00
18:00.00	6:00.00	3:00.00	1:30.00
15:00.00	5:00.00	2:30.00	1:15.00

The purpose of this workout is to get your body use to going into oxygen debt long and performing at a greater than race pace effort. Get your heart rate hitting max effort, recover and then go again. If you need more rest, please take it and make sure that you DRINK. Have a great run!